



emphasis

The Uchee Pines Institute health and news letter



MAKING EVERY BITE COUNT!

Every five years, the U.S. Department of Agriculture (USDA) and the U.S. Department of Health and Human Services (HHS) promote the Dietary Guidelines for Americans to help us eat healthy to be healthy. These Dietary Guidelines are given for the purpose of promoting health and preventing disease. The latest report covers the years from 2020-2025. But is there value in this process? Don't we already know enough about nutrition?

Maybe not as much as we think or practice. Here are the 4 Dietary Guidelines:

1. Follow a healthy dietary pattern at every life stage, from birth through older adulthood. Nutrient needs vary over ones' lifespan and each life stage has unique implications for food and beverage choices, and disease risk.

2. Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences,

cultural traditions, and budgetary considerations. Choose a variety of options from each food group: vegetables, fruits, whole grains, and plant-based protein foods.

3. Focus on staying within calorie limits. A calorie is simply a unit of energy - consume more calories than you use and you will likely gain weight; use more calories than you consume and you will likely lose weight.

4. Reduce foods and beverages high in added sugars, saturated fat,

and sodium, and eliminate unclean meats and alcoholic beverages entirely.

While the science linking diet and health has only become stronger, our Healthy Eating Index (HEI) score has remained low. The HEI measures how closely our food and beverage choices align with the USDA Dietary Guidelines. The Dietary Guidelines for Americans provide science-based advice to help everyone—no matter their age, race, socioeconomic, or health status—achieve better health by making every bite count.

The Healthy Eating Index or HEI Scores of the U.S. population over 6 time periods (from 2005 to 2016) reveals sobering findings from the What We Eat in America, National Health and Nutrition Examination Survey. With a maximum HEI score of 100 for those seeking to follow the Dietary Guidelines, the scores for each of those years varied between 56-60%, far below healthy recommendations. While our HEI scores tend to be higher early in life and in older adulthood, the large majority of us fall far short in our health practices from adolescence through middle-aged years, and are suffering as a result.

Today, 60% of adults have one or more diet-related chronic diseases; 74% of adults are overweight or obese; and 40% of children and teens are overweight or obese. Currently, 75% of Americans have dietary patterns low in vegetables and fruits; 63% exceed the limit for added sugars; 77% exceed the limit for saturated fat; and 90% exceed

the Chronic Disease Risk Reduction limits for sodium.

Clearly, the foods and beverages we consume have a profound impact on our health, and establishing a healthy dietary pattern early in life may have a beneficial impact over the course of decades. Be encouraged that it is never too early or too late to improve dietary choices. Each step closer to eating a diet that aligns with the Dietary Guidelines is associated with lower risk of all diseases, including Heart Disease, Type 2 Diabetes, Cancer, and obesity.

The Dietary Guidelines is based on science that examines how diet promotes health and prevents disease, not only in people who are healthy, but in people who are at risk for diet-related chronic diseases, and also among those who live with diet-related chronic diseases. And the evidence base reflects the diversity of Americans, including all ages and life stages, as well as various racial and ethnic backgrounds.

Interestingly, the Bible gave us dietary guidelines thousands of years ago: “And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat” (Genesis 1:29).

For lifelong good health, “Making Every Bite Count” encourages us to incorporate up-to-date scientific information from the Dietary Guidelines for Americans along with the Bible’s timeless instruction about diet and lifestyle. This will give us the best opportunity to live

a long and healthy life; a life lived to His glory.

Here is a sample list of healthy foods and beverages to add to your diet:

Dark green vegetables – kale, collards, turnip greens, broccoli, chard, spinach, romaine lettuce, watercress.

Red and orange vegetables – carrots, peppers, sweet potatoes, tomatoes.

Beans, peas, lentils – black beans, chickpeas, black-eyed peas, kidney beans, pinto beans, lima beans, edamame, red, black, and French lentils.

Starchy vegetables – corn, plantains, cassava, breadfruit, yuca, yam.

Other vegetables – avocado, beets, Brussel sprouts, cabbage, cauliflower, celery, cucumber, eggplant, green beans, okra, onions, radish, rutabaga, snow peas, summer squash, turnips.

Fruits – apples, bananas, berries, kiwi, citrus fruits, grapes, cherries, figs, dates, melons, mango, jackfruit, peaches, pears, papaya, nectarines, plums, pineapple, persimmon, pomegranate.

Grains – brown rice, buckwheat, bulgar, quinoa, oats, cornmeal, whole-grain bread, whole-grain cereals, whole-grain pastas.

Protein foods – unsalted nuts and seeds, nut and seed butters, soy (tofu), tempeh.

Beverages – pure water, caffeine-free herbal teas, fresh vegetable juices, nut milks, green smoothies.

For more information about the Dietary Guidelines, visit DietaryGuidelines.gov.



New Classes begin in Medical Missionary Training

On January 5, a new class of trainees began their instruction in medical missionary work. This number includes 4 Lifestyle Educators (LEs), 4 Lifestyle Counselors (LCs), and 1 Healthcare Provider Intern (HPI) who have answered the call to become health workers for God.

The Lifestyle Educator (LE) course provides six months of intensive instruction in preventive medicine, natural remedies, and gospel evangelism designed to give individuals a better understanding of God's methods for health ministry. This course offers a variety of topics for study, such as Lifestyle Principles, Anatomy & Physiology, Gardening, Nutrition & Cooking Schools, Hydrotherapy, Disease and its Causes, Natural Remedies, Massage, and Public Speaking/Health Evangelism.

The Lifestyle Counselor (LC) program deepens the trainees' knowledge of medical missionary work in the following areas: Medical Terminology, Common Diseases, Swedish and Therapeutic Massage, Herbal Remedies, Biblical Counseling, Topical Pathology, Phlebotomy &

Labs, Patient Evaluation & Management, as well as full-time Lifestyle Counselor Work.

For over fifty years, Uchee Pines Institute has offered medical missionary training programs to give individuals the knowledge and tools to help those who are suffering from disease and sickness of body, mind, and soul. The curriculum has been carefully designed to give you the resources and understanding to effectively educate others on lifestyle changes and natural remedies in an effort to bring their lives into harmony with the laws of nature.

To have a part in relieving human suffering and combat disease by using rational remedies is a high calling, and one of the greatest blessings trainees have the opportunity to share in.

The current Lifestyle Educator (LE) course concludes on June 17, 2026. For more information about the LE course beginning on July 6, 2026, please go to ucheepines.org/medical-missionary-training or call 334-855-4764

Iodine

Iodine is an essential mineral which supports thyroid health, promotes healthy metabolism and weight loss, and is necessary for the production of all hormones. From the late 1800's to the mid-19th century, iodine was used to treat a wide variety of diseases, including prostate enlargement, obesity, depression, and skin conditions. More recently, iodine has been recognized as a supporter of fetal brain development during pregnancy and early childhood, and also for preventing complications such as low birth weight and premature birth.

100 years ago, flour and salt were iodized to counteract the effects of iodine deficiency. However, over the last 30 years, our iodine intake has decreased by 50%, which has led to an increased risk of breast cancer, prostate cancer, Hashimoto's thyroiditis, and many other contemporary health issues. Consumers should be cautious of some bread doughs, which have added bromide, a chemical component which actually purges iodine from the body.

Some symptoms of low iodine levels are fatigue, weight gain, muscle weakness, high cholesterol, pain or stiffness in the muscles and joints, constipation, increased sensitivity to cold, dry skin, thinning hair, depression, poor memory, and a heavier-than-normal period in menstruating women.

The body does not make iodine, so it is an essential part of our diet. Iodine-rich foods include sea vegetables, strawberries, prunes, bananas, lima beans, and soy sauce. What about iodized salt? Should we just eat more? Although iodized salt contains iodine, there is not enough to support optimal health and disease prevention. Also, the iodine in salt can be unstable, and within 20-40 days after opening the package, it may lose up to half its iodine content. Quality iodine supplements are also available in liquid or capsule form.

From our Lifestyle Center What Our Guests are Saying

When I came to Uchee Pines, I knew that my diet would change and that I would begin a new exercise protocol to try to recover from stage 4 breast cancer. I never knew that I would discover the source of the disease as well as the source of the cure. I am forever grateful for all that I have learned. I am also appreciative of the Godly young people that were my counselors. What I have learned and experienced has changed my life forever. - SC

Hearty Vegetable Stew

1 lb. potatoes with peel, diced or quartered
4 large carrots, sliced into 1-inch pieces
3 stalks celery, sliced into 1/2-inch pieces
1-2 cups cooked lentils or corn
3 Tbsp olive oil or 1/2 cup water
1 medium onion, diced
4 Tbsp flour
3-4 garlic cloves, minced
2 tsp dried thyme (or 2 sprigs of fresh)
1 tsp dried rosemary (or 1 sprig fresh)
2 bay leaves
1/4 cup tomato paste
3-4 cups vegetable broth (low-sodium)
Salt to taste

In a large dutch oven or pot, add the oil or water and saute the onion, carrots, and celery for 5 minutes. Add the garlic and saute for 1 minute more. Add the mushrooms and continue to saute for 5-7 minutes until the mushrooms start to sweat. Add the flour, and stir into the veggies until no flour streaks are visible. Add the potatoes, tomato paste, vegetable broth, and herbs, and give a good stir. Bring to a boil, reduce heat, and simmer for 30 minutes. Remove bay leaves, and herb stems before serving.



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